

# Amesbury Middle School

## October 2007





If you have any questions, please call: **Andie Simard**, Director of Dining Services at (978-388-0507 )

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <u>Balanced Choices</u>  <b>Sloppy Joe on a bun.</b> Baked potato wedges, Green Beans with Fresh Orange and 1% low fat milk	<b>2</b> <u>Baked Cheesy Rotini</u> with Tossed Salad Whole wheat roll	<b>3</b> <u>Tacos</u> with Lettuce, Cheese, Seasoned Rice and Salsa	<b>4</b> <u>Menutainment</u> <u>*Jumbo Burger Bar</u> Toppings include Assorted cheeses, Selected vegetables, <b>Wedge Fries</b>	<b>5</b> <u>Carved Roasted Turkey with Gravy</u> Mashed Potato, Hot Vegetable, Cranberry Sauce
	<b>8</b> <u>Columbus Day</u>	<b>9</b> <u>Double Hot Dogs</u> on <u>Whole wheat buns</u> with Baked Beans and Tossed Salad	<b>10</b> <u>Italian Sub,</u> with Carrot Sticks, and Vegetable Pasta Salad	<b>11</b> <u>Macaroni &amp; Cheese,</u> Hot vegetable, Whole Wheat Roll	<b>12</b> <u>Buffalo Chicken</u> <u>Patty</u> on a bun, Hot Vegetable
	<b>15</b> <u>BBQ Rib Sandwich</u> with Wedge Fries	<b>16</b> <u>Meatball Sub,</u> Green Beans, Potato Rounds	<b>17</b> <u>Pulled Pork</u> <u>Sandwich,</u> Hot Vegetables, Fresh Fruit	<b>18</b> <u>Menutainment</u> <u>*Jumbo Burger Bar</u> Toppings include Assorted cheeses, Selected vegetables, <b>Spicy fries</b>	<b>19</b> <u>Balanced Choices</u>  <u>Chicken Parmesan</u> Seasoned Pasta, Dinner Roll, Mixed Vegetables, Fruit, Low Fat Milk
	<b>22</b>  <u>Nachos</u> With Lettuce, Cheese, Seasoned Rice and Salsa	<b>23</b> <u>Macaroni &amp; Cheese,</u> Hot Vegetable, Whole Wheat Roll	<b>24</b> <u>**Breakfast for Lunch</u> <u>French Toast Sticks,</u> Sausage, Syrup, Fresh Fruit and Milk	<b>25</b> <u>Balanced Choices</u>  <u>**Pasta with Italian Meat sauce</u> Green beans, garlic Bread, fresh apple, 1% low fat milk	<b>26</b> <u>Baked Chicken</u> <u>Nuggets,</u> Hot vegetables, Tossed Salad
	<b>29</b> <u>**Chicken Caesar Salad,</u> Pita Bread Caesar Dressing	<b>30</b> <u>Toasted Cheese Sandwich</u> on Whole Wheat Bread with Tomato Soup, and Carrot Sticks	<b>31</b> <u>Buffalo Chicken Patty</u> on a bun, Hot Vegetable		<b>Make The Healthy Choice</b>  <b>Look for this Icon</b>

**All meals at each station are served with bread, fruit ( fresh or canned) and choice of milk (whole, low fat or chocolate)**

Student meal prices: Regular lunch: \$2.25 • Reduced lunch: \$0.40 • Teacher Lunch \$3.00 • Milk: \$0.50

\* Menus subject to change

	Meal includes:	Vegetable and bread assortment contained within the meal or available separately * Garden burgers available per request ** Vegetarian option per request
	Daily offerings:	Homemade cheese and pepperoni pizza offered with tossed salad; Italian specialties
<b>THE FRESH GRILLE</b>	Daily offerings:	Hamburger, Cheeseburger and Chicken patty on a bun offered with lettuce & tomato or tossed salad. Grill Specials offered daily.
	Daily offerings:	Assorted pre-packaged sandwich and salad combination meals
	Daily offerings:	This symbol represents "Balanced Choices": These are "better for you" menu options which have been prepared to contain less dietary fat, cholesterol, and sodium.

Menu is on Amesbury Public Schools web site

[www.k12.amesbury.ma.us](http://www.k12.amesbury.ma.us)